

PATIENT DISCHARGE INSTRUCTIONS
ADENOIDECTOMY/PE TUBES

DIET - Soft, unsalted, non-acidic liquids and foods, or popsicles. Avoid orange or grapefruit juice, food and liquids that are red (if vomiting occurs, this could be confused with blood) and all sharp food such as potato chips.

SHOWER/BATH - Keep ears dry following placement of ventilation tubes. During bathing use earplugs or cotton balls with vaseline in outer canal to prevent water from getting into ears.

WOUND CARE - Popsicles, ice and ice packs to the throat will help with the pain. It is not uncommon for the patient to complain of an earache. This is referred pain from the throat.

ACTIVITIES - Normal activity is encouraged as soon as possible. One vacation day should be taken from work or school. Sports or active physical training should be avoided for two weeks after surgery.

MEDICATIONS -Type _____ Dosage _____

Side Effects:

-Drowsiness

WHAT TO WATCH FOR

- Temperature of 100.4 or above
- Persistent bleeding or drainage from ear(s)
- Increased pain, redness, swelling or tenderness of surgical site
- Bleeding

Call the doctor/clinic if any of these signs or symptoms appear. **If after hours (1600) or weekend/holiday go to Emergency Room**

Emergency Room 257-9646

Surgery Clinic 257-9801 (0730-1600 weekdays)

Medical Surgical Ward 257-9458

Same Day Surgery Unit 257-9965 (0730-1500 weekdays)

Managed Care 257-4424

If you have any questions or concerns it is best to call and ask.

Follow up appointments:

Date _____

Time _____

Dr. _____

**I acknowledge understanding and receipt of written and verbal discharge instructions.
All my questions at time of discharge were answered.**

Patient/ Responsible Adult _____ **Date** _____

SDSU RN _____ **Date** _____

Reviewed above information pre-operatively and verbalized understanding.

SDSU RN _____ **Date** _____

Patient/ Responsible Adult _____ **Date** _____